VANCOUVER metro®

NEWS WORTH SHARING.

Only 10 and already worried about being cool

Facebook works to adapt among agile newcomers in social-media space PAGE 7

Better get on that RRSP ASAP

Metro's RRSP Guide tells you what mistakes to avoid, and tries to settle the old RRSP vs. TFSA debate PAGES 8 & 10

Death won't affect Hunger Games

Movie studios react in many ways to deaths of actors, but the loss of Philip Seymour Hoffman will require only a rewrite of one scene PAGE 12

MUSTN'T DISAPPOINT THE MOTHERLAND

THE PRESSURE IS ON FOR ALEX OVECHKIN AND THE REST OF TEAM RUSSIA AS HOCKEY LOOKS TO BE THE FOCUS OF THE OLYMPICS IN SOCHI PAGE 22

IOC meeting has Stevenson buzzing

Sochi. City's deputy mayor feeling upbeat after discussion with Olympic officials about LGBTQ rights

KATE WEBB
kate.webb@metronews.ca

It took Vancouver Deputy Mayor Tim Stevenson just three days after arriving in Sochi, Russia, to get what he came for: A meeting at the office of the president of the International Olympic Committee (IOC).

The openly gay city councillor travelled across the world with the full backing of his hometown, a former Olympic host city, to urge the IOC to update its charter with a clause condemning discrimination on the basis of sexual orientation.

He came away hopeful it will do just that.

"I'm pinching myself a bit," he told Metro on Monday in a phone call from the subtropical Russian city, just hours after meeting with two of the IOC president's senior staffers.

Jochem Farber, head of the IOC president's executive office, left, meets with Vancouver Deputy Mayor Tim Stevenson, IOC director of communications Mark Adams and former VANOC spokeswoman Maureen Douglas in Sochi, Russia, on Monday. COURTESY IAN JONES/IOC

"It's far more hopeful, and I am far more positive than I thought I would be."

Stevenson explained that the new president himself, German fencer Thomas Bach, is busy meeting with heads of state and his executive board until the Games kick off Feb. 7.

But Stevenson was thrilled regardless to be able to sit down for 75 minutes with Jochem Farber, the head of the president's executive office, as well as IOC director of communications Mark Adams.

"They basically said that with the new president Bach, he is instituting a whole renewal program of the IOC and everything is on the table for discussion with the members, including sexual orientation," Stevenson said.

The sweeping review, known as "Olympic Agenda 2020," began in December and will be discussed in the coming days by the 100-plus members of the IOC. It will culminate in December with a huge conference and vote in Monaco.

Principle 6 of the Olympic charter currently states that "any form of discrimination with regard to a country or a person on grounds of race, religion, politics, gender or otherwise" is fundamentally incompatible with the IOC's principles.

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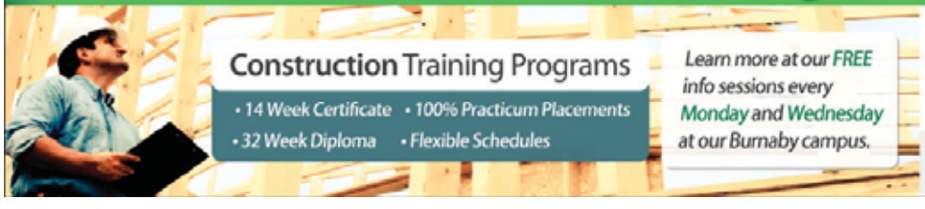

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‘Policy consistency’ needed to address climate change

‘Ominous signals.’ Study reveals smaller B.C. municipalities have no plan in place to tackle the problem

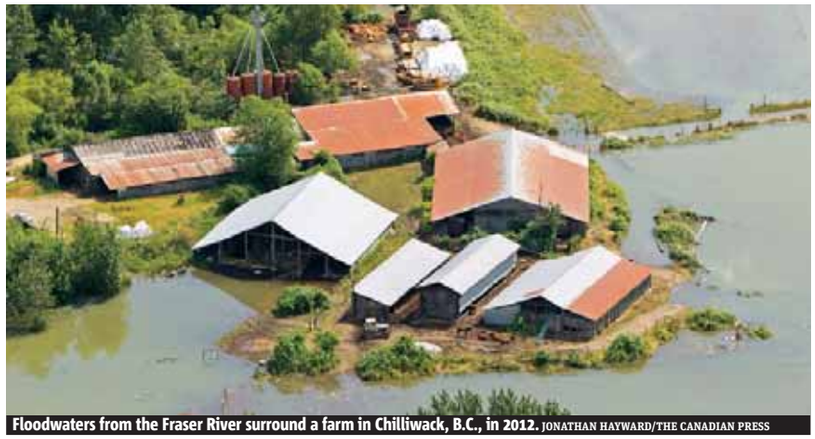
The provincial government could help British Columbians better understand climate change by reconciling its own energy and environmental promises, according to the principal investigator of a new national survey of climate change preparedness out of the University of British Columbia.

The project analyzed 481 municipal responses and found that while B.C.’s big cities are adapting, nearly two-thirds of small towns with 5,000 residents or fewer had no climate action plan nor any plans to start working on one.

“They don’t think it’s as bad or as costly as it could be, but I think there’s also uncertainty,” said Kevin Hanna, principal investigator on the National Municipal Adaptation Project and associate professor of geography at UBC’s Okanagan campus. “That’s a really tough thing at this point. We have some general ideas: Some places will be wetter, some will be dryer, some winters more severe,” Hanna told Metro by phone Monday afternoon.

Hanna said the learning curve around appropriate policy and infrastructure development will remain steep for decades and that with no national climate change strategy in place it’s up to B.C.’s provincial government to help municipalities through financial support and policy guidance, which he said would have to begin with an honest look inward.

In particular, he wanted to know how Premier Christy Clark would handle the tug of war between her government’s promises to drop greenhouse gas emissions by one-third by 2020 and her more recent promises of riches via liquefied natural gas (LNG) exports.


Floodwaters from the Fraser River surround a farm in Chilliwack, B.C., in 2012. JONATHAN HAYWARD/THE CANADIAN PRESS

“B.C. is a great example of the need for policy consistency,” Hanna said. “There are some ominous signals there.”

A group of concerned future voters also wanted to know how the B.C. Climate Action Plan would survive the LNG boom.

Kids for Climate Action launched a week-long action Monday, during which it will meet with 12 MLAs and ask them to include environmental costs in upcoming legislature discussions of the energy trade.

LUKE BROCKI/FOR METRO

Alta pedals ahead in tandem with Bixi’s ex

Bixi bikes in Toronto METRO FILE

The plot has thickened in Vancouver’s bike-share soap opera.

Alta Bicycle Share, the company chosen to operate the city’s long-delayed bike-share system, has a new partner after Bixi, the Montreal company selected to provide the bikes, declared bankruptcy in January.

Alta announced Monday that it paired up with Bixi’s ex, 8D Technologies, the company that developed the technology powering Bixi systems in cities including Montreal and Toronto.

The new partners will work in tandem to launch and run the “next generation” of bike-share systems this summer, according to a news release.

It’s not clear if Alta broke up with Bixi to forge ahead with the new partnership, as spokespeople from both companies did not answer questions on the relationship status. Bixi is supposed to provide the actual bicycles.

But there’s no question that 8D and Bixi officially split in 2012, when 8D sued Bixi for $26 million. 8D alleged that Bixi violated its rights and raised intellectual property concerns when it hired an American-based company to redevelop its technology for systems in New York and Chicago.

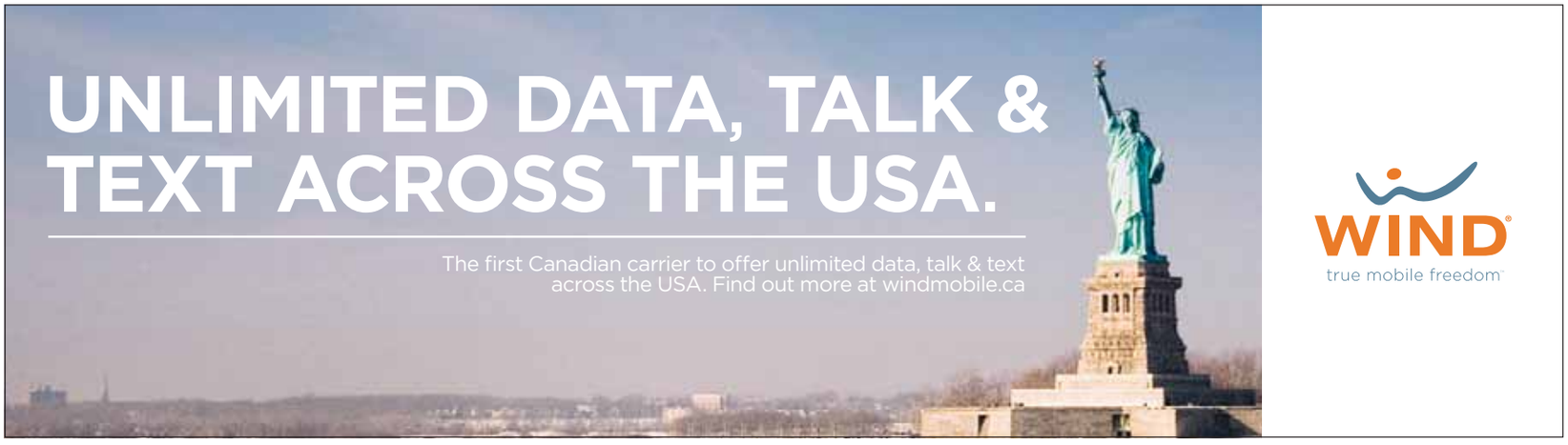
Regardless, Alta and 8D seem optimistic that Vancouver’s bike-share system could go ahead this year.

The new partnership sounds positive, but it probably won’t speed up implementation for Vancouver’s $6-million system, said Jerry Dobrovolny, Vancouver’s director of transportation.

“I would think it looks more likely for early 2015,” he said in an interview Monday.

The city won’t sign an agreement with Alta until it presents a business case that works, has financing in place and has major sponsorships lined up, Dobrovolny said.

“The city is not prepared to provide the financial backstop that other cities have done,” he said. EMILY JACKSON/METRO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That sign really tied the park together. The Dude abides by board ruling

Guelph Park may soon get a little more chill.

The Dude Chilling Park sign, created by artist Victor Briestensky and placed surreptitiously in the park by Mt. Pleasant Elementary School in November 2012, might have a permanent home in the green space.

Vancouver's park board was scheduled to decide Monday whether to accept the artist's donation and re-erect the sign, which garnered massive attention online when officials took it down.

The majority of residents — 77 per cent — support keeping the sign in the park, according to a survey of 372 Vancouverites. Only 2 per cent didn't like the artwork.

The park is also home to the Reclining Figure by Michael Dennis. EMILY JACKSON/METRO

The sign created by artist Victor Briestensky. CONTRIBUTED

Amazon.ca list. B.C. rules most-romantic city chart

Love is in the air on the North Shore.

North Vancouver is the fifth most romantic city in Canada, according to an Amazon.ca analysis released Monday.

The online retailer looked at sales data from three days in January to determine which cities read romance novels, devour books about relationships and listen to crooners like Barry White and Micheal Bublé.

B.C. residents love love, according to the list. Victoria took first place, with Kamloops and Langley also sneaking into the Top 10.

Cold-hearted Vancouverites, on the other hand, didn't even make the Top 20.

EMILY JACKSON/METRO

Mid-flight antics. Aussie accused of drunk assault

A young Australian man has been charged with assault for drunken, violent behaviour on a flight that landed at Vancouver's international airport on Sunday.

The 25-year-old was restrained on the China Southern Airlines flight from Guangzhou and arrested upon arrival at YVR, according to the Richmond RCMP.

Abdul Zain Ali landed himself a night in jail, a Monday court appearance and charges of causing a disturbance, mischief and assault.

Mounties are using the incident as a chance to warn people not to drink and fly.

"The message to the public is that if you get drunk and cause problems in our airports, you won't get where you are going and could face criminal charges," Richmond RCMP Cpl. Stephanie Ashton said in a statement.

This is the second incident is less than two weeks in which a man has been too drunk to fly and arrested for causing a disturbance on a plane.

Peter Douglas Lafond, 42, pleaded guilty to causing a disturbance when he refused to disembark from a domestic flight departing YVR even though he was too drunk to fly.

EMILY JACKSON/METRO

Vulnerable youth

Pilot program teaches survival skills for real life

B.C.'s children's minister says a pilot project with the Vancouver-area YWCA will teach life skills to vulnerable youth as they transition out of government care.

Stephanie Cadieux says the $250,000 Strive program aims to help youth between 17 and 24 years old gain the life and work skills they need to become independent.

The skills include financial literacy, time management, decision making and problem solving.

THE CANADIAN PRESS

NDP Leader Adrian Dix and education critic Rob Flemming speak to media outside Sir Guy Carleton Elementary School on Monday. LUKE BROCKI/FOR METRO

Dix: Clark has to 'come clean' on role in strikes

Open-book exam. NDP seeks files seen by judge who scolded Liberals on dealings with teachers

LUKE BROCKI
vancouver@metronews.ca

Premier Christy Clark should make public the role she played in provoking strikes at B.C. schools, the New Democrats said yesterday.

Last month, a B.C. Supreme Court ruling struck down legislation on class size and composition and fined the provincial government $2 million in damages for violating the constitutional rights of teachers.

The ruling found when the B.C. Liberals introduced new legislation in 2012 that stripped teachers of their rights to bargain class size and composition — one year after a court decision struck down the original 2002 legislation introduced by then-education minister Clark — they pushed through a very similar bill, albeit under a different name.

The judge also found the government failed to negotiate in good faith with the B.C. Teachers Federation in the last round of bargaining by deliberately trying to provoke a full-scale strike.

Speaking to reporters outside Sir Guy Carleton Elementary School in East Vancouver on Monday, NDP leader Adrian Dix said the premier should apologize for throwing schools into chaos for her own political gain.

Challenge

"The only path forward is for the government to come clean. To say what the premier knew and when she knew it."
NDP Leader Adrian Dix

"The only path forward is for the government to come clean. To say what the premier knew and when she knew it," Dix said. "And to tell the public the truth by releasing the documents Madam Justice Griffin got to see in making her ruling."

B.C. Teachers Federation president Jim Iker told Metro he will be scouring the next provincial budget for signs of funding increases to education to see if the B.C. government is taking last month's court ruling to heart.

"Right now we've got over 16,000 classes in B.C. that have four or more students that require individual education plans," Iker said. "Parents can have some hope that their children will be back in smaller classes and that there will be more support for all British Columbian students."

The premier's office declined requests for an interview. Education Minister Peter Fassbender was not immediately available.

Michelle Furbacher and one of her cat-sitting charges, Magnum. COURTESY MICHELLE FURBACHER

A café with cat-mosphere

Vancouver cat lovers will pawssibly have their very own cat café as early as September.

Michelle Furbacher is applying for a business licence to open the "Catfé," where people will be able to socialize with cats while surfing the net or reading a book.

Cat cafés are wildly popular in Tokyo, where shops charge customers a per-hour fee to hang out with feline furriends while lapping up lattes.

The concept has yet to take off in North America, but entrepreneurs are planning to open such venues in Montreal, San Francisco and Oakland.

Videos of the Japanese cafés inspired Furbacher's Catfé, which will act as a foster home for cats from animal shelters, she told Metro on Monday.

"People will meet the cats, fall in love with them and maybe want to adopt them," Furbacher said.

The café will also be a place where people who aren't allowed to have pets can get quality kitty time.

"Obviously cleanliness is going to be a huge issue," she said, noting that Canada's stricter regulations could make it "next to impossible" to have a kitchen with so many cats.

"If we can get away with it, we'll serve bottled drinks and packaged foods bought off site."

EMILY JACKSON/METRO

Boy was chained, starved: Crown

Trial begins. Boy's father, stepmother charged with second-degree murder

A 10-year-old boy who died in the care of his father and stepmother was kept chained to his bed, stomped on and starved, prosecutors alleged Monday in the first day of the couple's murder trial.

Autopsy results showed "injuries on top of injuries" and open wounds on Shakeil Boothe's emaciated body, as well as clear signs of infection in his lungs and blood stream, Crown lawyer Kelly Slate told a Toronto-area court.

The boy's death was caused by a combination of blunt-force injuries, malnutrition, pneumonia and other infections, she said in her opening statement.

Shakeil's lifeless body was found on May 27, 2011, in the family's Brampton, Ont., home, court heard.

The boy's father, Garfield Boothe, and stepmother, Nichelle Boothe-Rowe, are charged with second-degree murder.

Garfield Boothe was originally charged with failing to provide the necessities of life but that charge was later upgraded to second-degree murder.

Nichelle Boothe-Rowe was previously facing a manslaughter charge.

Shakeil left his grandmother's care in Jamaica in 2009 to come live with his father in search of a better life, Slate said. Instead, he was dead within two years of his arrival.

Slate said the boy was an "obviously sick, malnourished child" at the time of his death.

"Shakeil did not get to that state overnight."

Boothe and Boothe-Rowe "had an obligation to care for their 10-year-old son once he came to Canada," she said.

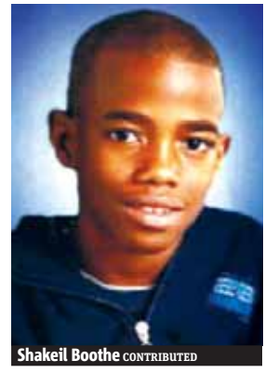
But things changed once the couple had a son of their own — an infant born in September of 2010, Slate argued.

Neighbours noticed Shakeil, previously viewed as a "happy but shy and quiet boy," wasn't seen playing outside or going to school, she said. They were told he was inside playing video games, she said.

And public health nurses who visited to help Boothe-Rowe with the baby "saw no sign of another child living in the house," Slate said.

Boothe called 911 the afternoon of May 27 to report Shakeil wasn't conscious or breathing.

Paramedics testified Monday they found the boy lying in bed, frigid and stiff and foaming at the mouth, suggesting he had been dead for a while. THE CANADIAN PRESS


Shakeil Boothe CONTRIBUTED

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CSEC chief denies privacy breach

The head of Canada's eavesdropping agency says an effort to understand airport wireless systems did not breach the privacy of Canadians.

John Forster told a Senate committee that Communications Security Establishment Canada (CSEC) was merely collecting metadata, or data about data, and not the content of messages.

A document obtained by CBC indicates the pilot project was intended to help the agency locate kidnappers and terrorists.

The CSEC slide presentation suggests information was taken from an unidentified Canadian airport's free Wi-Fi system over a two-week period.

Forster says the agency was trying to build a mathematical model to help determine a communication pattern at a public location, in this case an airport. He says the model has subsequently been used in at least two cases to identify legitimate foreign targets.

CSEC monitors foreign computer, satellite, radio and telephone traffic of people, states, organizations and terrorist groups. THE CANADIAN PRESS

CSEC Chief John Forster
FRED CHARTRAND/THE CANADIAN PRESS

WHO warning

Cancer cases rising

The World Health Organization's cancer agency warns there will be 22 million new cases of cancer every year within the next two decades. A report Monday said the figure would jump due to global aging and the spread of cancers to developing nations.
THE ASSOCIATED PRESS

Lev Tahor children

Kids must return to Quebec: Judge

An Ontario judge has ruled that children of the Lev Tahor community, an ultra-Orthodox Jewish sect, who left Quebec while social services was investigating the community, should be returned to that province.
THE CANADIAN PRESS

Moscow student goes on shooting spree

Weapons of choice. In addition to the small-calibre rifle, the shooter was carrying a short-barrelled rifle

A 10th-grade student with two rifles burst into his Moscow school on Monday, killing his geography teacher and a policeman in front of about 20 students, investigators said. His father played a key role in freeing those students before police stormed the classroom and took his son into custody, the city police chief said.

The student gunman also seriously wounded a second police officer who had responded to an alarm from the school, investigators said.

None of the approximately 400 children in School No. 263 at the time were hurt, said Karina Sabitova, a police spokeswoman. But students were so fearful that some ran from the building with their teachers without stopping to put on coats in below-freezing temperatures. The school in northeast Moscow is for children in grades one through 11.

The ethnic Russian teenager entered the school after threatening its security guard, who managed to hit an alarm before following the student to his classroom, said Vladimir Markin, spokesman for Russia's Investigative Committee, its main investigative agency. THE ASSOCIATED PRESS

Police officers escort children away from School No. 263 in Moscow on Monday after the shotting. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Ahead of Sochi. Stray dogs targeted for killing

Thousands of stray dogs have been living amid the mud and rubble of Olympic construction sites, roaming the streets and snowy mountainsides, and begging for scraps of food.

But as the games draw near, authorities have turned to a company to catch and kill the animals so they don't bother Sochi's new visitors or even wander into an Olympic event.

Alexei Sorokin, director general of pest control firm Basya Services, told The Associated Press that his company had a contract to exterminate the animals throughout the Olympics, which open Friday.

Sorokin described his company as being involved in the "catching and disposing" of dogs, although he refused to specify how the dogs would be killed or say where they would take the carcasses.

The dogs have been causing numerous problems, Sorokin said Monday, including "biting children." THE ASSOCIATED PRESS

Defence. Security issue won't ruin Games: IOC

Heavy security and Russia's anti-gay law should not detract from the Sochi Olympics, IOC President Thomas Bach said Monday.

Bach also reiterated his defence of Russia's massive spending on the Winter Games, saying the money is going to the long-term transformation of the region. Speaking at a news conference four days before the opening ceremony, Bach again voiced his backing for Russia's ability to deliver a safe Olympics amid threats of terror attacks by Islamic militants from the North Caucasus. Tens of thousands of military and police personnel have been deployed to protect the games, as well as warships, anti-missile batteries and drone aircraft.

THE ASSOCIATED PRESS

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$389,119!? Canadian home prices overvalued by 10%: TD Bank report

Canadian home prices are likely about 10 per cent overvalued given the expectations for rising interest rates, TD Bank said in a report Monday.

However, the bank also noted that the overvaluation in markets like Toronto, Vancouver, Montreal and Ottawa is likely more significant than in others across the country.

"These markets will likely feel the pinch from modestly higher interest rates over the next two years more so than others," TD economist Diana Petramala wrote in the report.

She noted that Montreal, Quebec City and Ottawa have been flooded with an overhang of inventory of unsold condos.

"Home prices have weakened in the second half of 2013 as a result and we expect that softness to persist in 2014," Petramala said.

"Toronto is poised to follow their lead, as the number of new condos scheduled to be completed in 2014 and 2015 is elevated relative to history."

The Canadian housing market and worries about a real estate bubble have been key concerns for policy-makers for several years. Recent indicators have suggested the market may be headed for a soft landing instead of a bubble bursting, but concerns have persisted.

THE CANADIAN PRESS

Bubble set to burst?

The Canadian Real Estate Association reported sales through its multiple listings service totalled 457,893 homes for 2013, up eight-tenths of a per cent from 2012.

- The national average price for homes sold in December was $389,119, up 10.4 per cent from the end of 2012. Excluding Greater Vancouver and the Toronto region, the year-over-year increase was 4.6 per cent.

Market Minute

DOLLAR 90.11¢ (+0.33¢)

TSX 13,486.20 (-208.74)

OIL $96.43 US (-$1.06)

GOLD $1,259.90 US (+ $20.10)

Natural gas: $4.96 US (+$0.11)
Dow Jones: 15,372.80 (-326.05)

Facebook CEO Mark Zuckerberg is seen at Facebook headquarters in Menlo Park, Calif., last April. JUSTIN SULLIVAN/GETTY IMAGES FILE

Growing pains as Facebook hits 10

In an awkward phase. As the social media site enters its tweens, it aims to be effortlessly hip as whippersnappers like Snapchat bite at its heels

When a 2013 academic paper suggested Facebook could swiftly go the way of MySpace, the social media giant was able to laugh off the claims, showing that its client base was growing while the university in question was sliding.

Marking 10 years today Mark Zuckerberg's baby has reasons to celebrate. Over one billion of us now hold accounts, with a steady increase in monthly users in every region of the world. Stock value has soared past $150 billion after a disastrous initial flotation.

Yet there are growing threats to the global leader.

Facebook's recent output — including recent apps such as Paper, which makes reading easier and integrates with Instagram; and Messenger, a no-frills riff on Snapchat — shows the company is aware its crown is slipping in a white-hot competitive market.

KIERON MONKS/METRO WORLD NEWS

Staying on trend

"Facebook is under massive pressure to keep changing and I expect to see a vast new ecosystem of standalone apps for different purposes."

Matthew Rhodes, digital-strategy consultant

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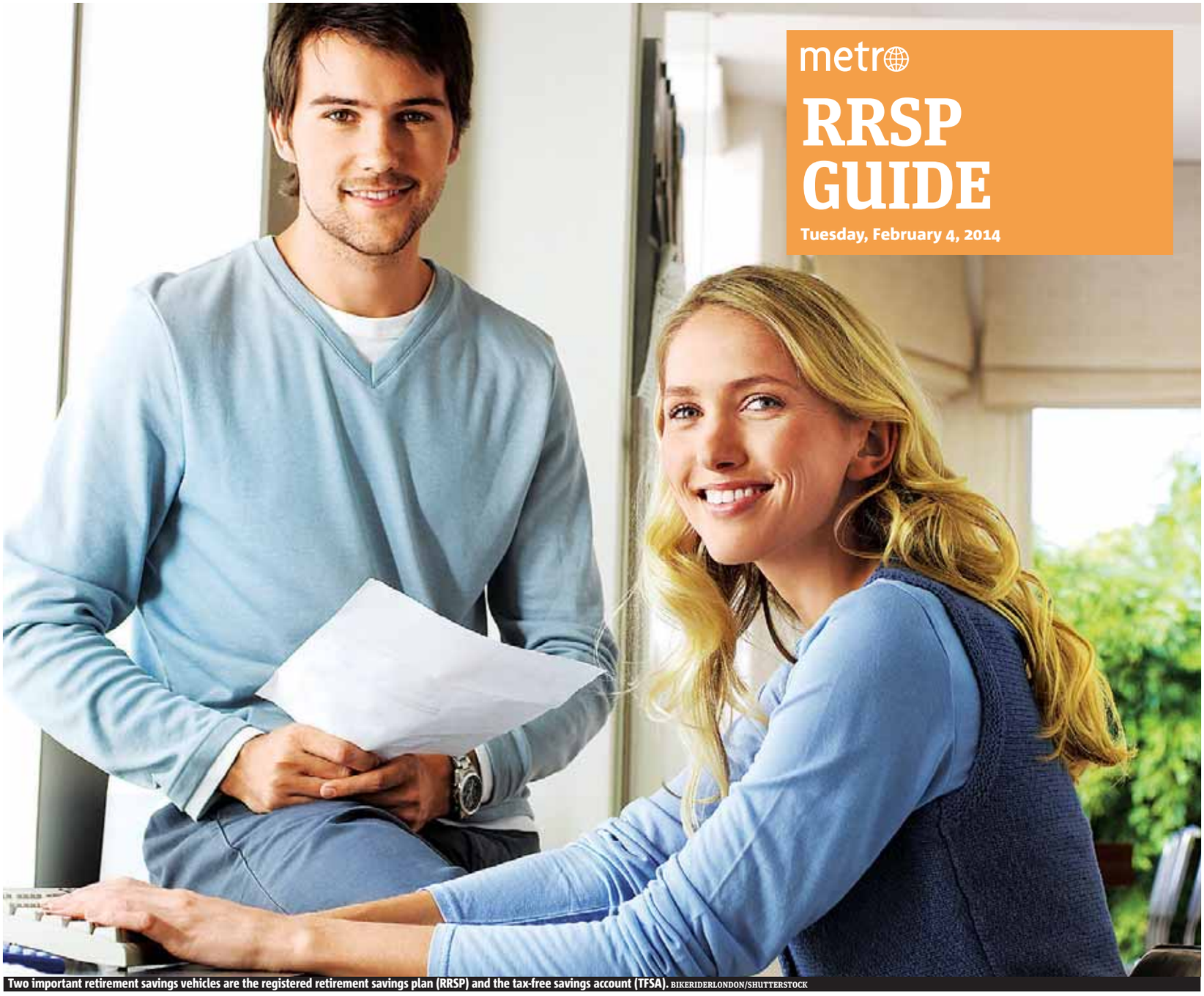
RRSP GUIDE
Tuesday, February 4, 2014



Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA). BIKERIDERLONDON/SHUTTERSTOCK

Get your financial future in shape

Savings advice. Two main vehicles available as you map out personal financial goals

YLVA VAN BUUREN
For Metro

"Every January, Canadians start thinking about getting fit. And every February, even though we should be thinking about it all year, most Canadians start thinking about retirement," says Dean Owen, a Saskatoon-based financial adviser with Advocis, the Financial Advisors Association of Canada.

Two important retirement savings vehicles are the registered retirement savings plan (RRSP) and the tax-free savings account (TFSA).

RRSPs were introduced by the federal government in 1957 to allow you to save for the future on a tax-sheltered basis. A big advantage is that contributions are tax deductible the year they are made, Owen said. "And that gives you an immediate break on your tax bill."

But you will have to pay tax when you withdraw funds from your RRSP down the road. The amount is added to your income that year and taxed at regular rates. There may also be old age security clawbacks based on income.

"Withdrawing from your RRSP may push you into an income bracket where old age security is reduced."

Contribution amounts

- **RRSPs:** 18 per cent of the previous year's earned income
- **TFSAs:** Up to $5,500 plus any unused contribution room
- Unused contributions for both can be carried forward from previous years (up to $5,000 annually from 2009 to 2012)

The TFSA was introduced in 2008 and is also a registered account with the federal government. The benefit of a TFSA is that it allows your investment income and capital gains to grow tax-free, Owen said.

"You're never taxed on the growth, and any withdrawal is tax-free."

Also, TFSA funds will not affect eligibility for federal income benefits such as old age security.

The main disadvantage for many people is that TFSA contributions are not tax deductible when you contribute the money.

RRSP or TFSA?

It can be tough to balance the benefits against the disadvantages of both, Owen said. What's important is that you look at both in relation to your personal financial goals and situation.

"My general recommendation is that people with an income over $50,000 invest in both RRSPs and TFSAs. But if your income is below $40,000, an RRSP may not be your first or best choice."

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Don’t forget, the RSP contribution deadline is March 3.

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Understanding RRSPs. Mistakes to avoid

TALBOT BOGGS
Smart Investing

Investors should be aware of RRSP mistakes and avoid them when it comes to savings plans. OLESYA FEKETA/SHUTTERSTOCK

The registered retirement savings plan (RRSP) is a popular vehicle for Canadians to save money on a tax-deferred basis for their retirement.

But RRSPs are not a retirement panacea, and there are a few things investors should be aware of and avoid when it comes to their plans.

"It's really important to understand RRSPs, their benefits, why you should contribute and what you shouldn't do," said Chris Buttigieg, senior manager of wealth planning strategy with BMO Financial Group.

"A lot of people make contributions but don't really understand some of the consequences of RRSPs, such as early withdrawals and benefits like tax-deferred growth."

Perhaps the biggest no-no associated with RRSPs is to withdraw money for any reason other than investing in the first-time homebuyers or lifelong learning plans, which allow you to withdraw certain amounts of money from your RRSP to buy your first home or go back to school and repay it within a certain period of time without paying tax.

The government taxes other early withdrawals very heavily. And there are other penalties.

Once you withdraw the money it is considered income and will be added to your total income, which you are taxed on as well.

Once you have withdrawn the money it is removed from the contribution room available to you and you cannot re-contribute it later. If you have $30,000 contribution room and take out $15,000, you are left with only $15,000 of contribution room.

And once the money is out you have to start over again to save it and you lose the compounding growth that you could have received if it had stayed in.

Many RRSP investors make their contributions to get their tax refund but end up leaving the money sitting in cash where it will make little or no interest. It makes sense to talk to a financial adviser about building a portfolio in your RRSP to maximize gains and limit risk.

"Once you've made your contribution and get your refund why not apply it to some debt like a mortgage or invest it in a tax-free savings account — it's like hitting two birds with one stone," Buttigieg said.

Many people also do not pay attention to their notice of assessment from the tax department after they have filed their income tax, which shows their RRSP deduction limit. You can overcontribute up to $2,000 for a year, but after that you are assessed a one per cent per month penalty.

Many people also overlook dedicating a beneficiary for their RRSPs.

If an RRSP holder dies and does not have a designated beneficiary such as a spouse, partner or dependent children, it can be transferred to the individual's estate and becomes subject to probate fees. It also becomes fully taxable.

"A lot of people simply make the mistake of not thinking about their retirement goals early enough in life and not developing a strategy for what to do with their RRSP savings," Buttigieg said.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Get organized and start planning early for bigger benefits

It may seem like time is on your side right now, but the deadline for contributions to registered retirement savings plans will be here before we know it. To avoid the last-minute crunch, personal finance experts are pointing out the benefits of making contributions earlier than the March 3 deadline.

"By getting organized now, you can set yourself up for future financial success," said Wade Stayzer, vice-president of retail and investment services at Meridian, an Ontario credit union.

"A personalized financial plan with regular contributions being made to an RRSP over a long term is much more advantageous than making last-minute contributions. To get started, you need to be more proactive about your personal finances. Determine what your retirement goals are and work with a trusted financial adviser to build a plan that will help you achieve them."

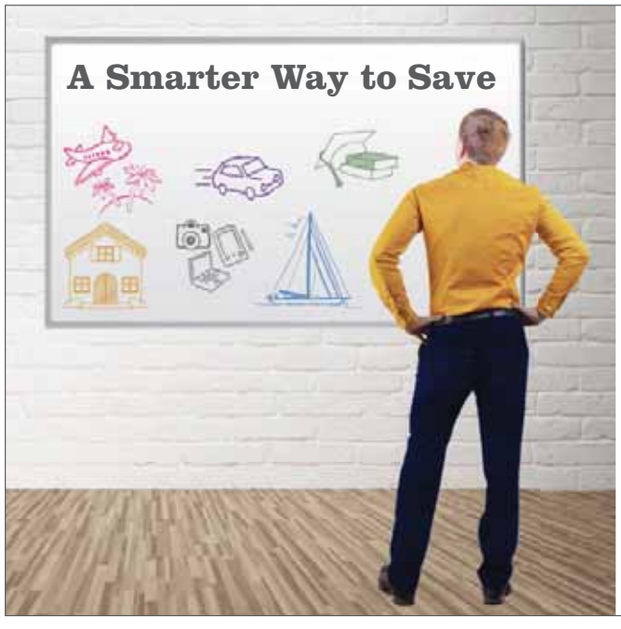
Here are some suggestions on how you can start saving towards your RRSPs and avoid rushed contributions in March:

Get a personalized financial plan: Choosing the right investment really depends on your personal financial goals.

Invest automatically: Saving for the future today isn't difficult if you put your savings on auto pilot. Many financial institutions provide pre-authorized contribution (PAC) plans, which automatically transfer funds from your chequing account into your savings investments at regular intervals.

NEWS CANADA

There are benefits to planning now for your RRSP contributions. BIKERIDERLONDON/SHUTTERSTOCK



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PUTTING SEXY BACK IN SEXAGENARIAN

SHE SAYS

Jessica Napier
metronews.ca

I've always hated the phrase "a woman of a certain age." It implies that once a woman has reached a point in her life when she is no longer considered youthful, her exact age is simply unspeakable.

Many of my friends are turning 30 this year (although some prefer to think of it as the first anniversary of their 29th birthday) and while I still have awhile to go before hit that milestone, I've already started noticing some of the inevitable signs of aging. At my mother's insistence, I recently began a nightly ritual involving anti-aging creams infused with retinol and other gravity-defying serums that I'm convinced have a bigger impact on my bank account than my face.

In honour of her 60th birthday, Christie Brinkley appeared on the cover of this week's People magazine looking absolutely flawless—albeit a bit unnaturally smooth—clad in a bold one-piece bathing suit.

Part of me wants to believe that there is an aging portrait of Brinkley rotting away in an attic somewhere, but the blond bombshell insists that her mostly vegan lifestyle and a "joie de vivre" are what keep her looking like a fresh-faced supermodel. Plus her rigorous exercise routine, monthly facials, numerous hair extensions and, of course, a little help from Adobe Photoshop.

Brinkley isn't the only sexagenarian baring her body in the news this week. American Apparel—a clothing retailer renowned for their envelope-pushing campaigns featuring lithe bodies in leotards—recently revealed a new lingerie ad featuring 62-year-old model Jacky O'Shaughnessy. Unlike Brinkley's magazine cover, this image shows a woman with grey hair, lines on her face and folds in her stomach, and she still looks like a total babe. O'Shaughnessy probably has incredible genetics on her side and — if I had to guess — a lifetime dedication to sunscreen, but looking at these striking images of a silver-haired beauty in lace underwear and bright red lipstick gives me hope for the future.

It's refreshing to see women like O'Shaughnessy in the media embracing their age rather than desperately trying to reconstruct their face into some unrecognizable Botox-filled version of their former selves. The older women in my life are some of the most beautiful people I know. Not because they are trying to look younger and deny their true age, but because they take pride in their appearance. When my great aunt passed away last year I can remember admiring how elegant she looked in the hospital bed dressed in her finest pearls, nails polished and her hair immaculately coiffed.

Aging can be a difficult process to come to terms with, but I would rather be who I am now than turn back the clock 10 years. I'll accept that teenage pimples give way to adult wrinkles and feel fortunate that I have such great memories behind each and every laugh line.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Brazil's dark cloud makes waves

NASA

Microscopic life

An ominous-looking dark blotch has been spotted stretching 800 km along Brazil's Atlantic coast.

The black formation, pictured by Aqua, a NASA satellite that monitors Earth's water cycle, is actually a bloom made up of microscopic animals known as Myrionecta rubra. Viewed close up, the bloom is red, but a distortion of light on the water means it looks black from orbit. **METRO**

What is marine bloom?

- **Definition.** Fast accumulation in the population of algae in water.
- **Concentration.** Up to millions of cells per millilitre.
- **Cause.** Result of an excess of nutrients into waters. Higher concentrations of these nutrients lead to increased growth of algae and green plants.

Microorganisms steal from algae

Living a metre below the water surface, Myrionecta rubra are dubbed the thieves of the microbial world: Using a "straw," these fast-swimming unicellular organisms suck out chlorophyll from other algae, and then use the pigment for photosynthesis in order to obtain energy. However, Myrionecta rubra are not known to be toxic to other marine life or humans. **METRO**

Risk factor

Certain algal blooms can threaten other aquatic organisms and the safety of human drinking water. Blooms can cause damage by blocking sunlight and depleting oxygen required by other aquatic organisms, as well as produce potent toxins that can cause adverse health effects to wildlife and humans. **METRO**

Clickbait

DYLAN ROBERTSON
For Metro online

Planning your next vacation to a foreign land? These audio-translation apps may come in handy. Use your phone to order a beer, speak with cab drivers and even find sunscreen. Instant translation is literally in the palm of your hand.

Vocre:

Speak or type into your phone and have your phrases voiced out in 66 dialects. This app recognizes Canadian accents and slang, and can say your 'bon mots' in both France French and Quebec French. You can also have a slightly delayed conversation with this app. $4.99 for iOS, $1.02 for Android.

Google Translate:

This app lets you translate text instantly between 80 languages. You can also draw words in foreign scripts, like Cyrillic or Chinese, and have the text typed out. Free for iOS and Android.

Twitter

A man says he left Mexico this past December for a day of shark fishing and ended up spending 13 months surviving on fish, birds and turtles before washing ashore on the Marshall Islands thousands of kilometres away. How would you survive on the seas?

@MeToddScott: in the Pacific there are tonnes of plastic. They create mini reefs for fish. A net fragment and I'm in business.

Follow @metropicks and take part in our daily poll. Best tweets published right here.

Comments

RE: Video: Light humour, emotional ads rule Super Bowl, published online Monday, Feb. 3, 2014

Not a single one of these commercials made it to our TV. There was a Bell ad, several Rogers ads, and a bunch of 1-4 year old commercials such as the Mountain Dew one where the guy's spine should be crushed from the head-first collision.

ijdfc, posted to metronews.ca

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DVD review

Dallas Buyers Club

Director. Jean-Marc Vallee

Stars. Matthew McConaughey, Jennifer Garner, Jared Leto

Matthew McConaughey becomes a hero to the afflicted and a villain to outraged authorities in this fact-based 1980s story of a Texas rodeo playboy who refuses to go quietly after HIV cuts him low. McConaughey lost some 40 pounds for the role of redeemable rogue Ron Woodroof, playing him with a faultless blend of vinegar and honey. Jared Leto is the other hero of this David versus Goliath drama, directed by Quebec's Jean-Marc Vallée. McConaughey and Leto have both been nominated for Oscars, deservedly so, at the March 2 Academy Awards.

PETER HOWELL

Investigation

Stamped drug bags found at Hoffman's house

A law enforcement official says tests have confirmed there was heroin in at least some of the dozens of plastic packets in a New York City apartment where Philip Seymour Hoffman was found dead.

Officials are working to determine whether the drug was mixed or tainted with anything else. An autopsy was being conducted Monday. Police have been investigating Hoffman's death as an apparent overdose. Law enforcement officials said he was found with a needle in his arm.

Two officials said Monday that at least four dozen small packets were found in the apartment. Some of the one-dose packets were stamped with the ace of hearts symbol, and others with the words "Ace of Spades" and that symbol, another law enforcement official said.

Stamps are common as a form of drug-world branding.

THE ASSOCIATED PRESS

Hoffman's Hunger Games role to remain untouched

'Devastating loss.'
Actor's castmates and co-workers mourn loss, but Hoffman's role in his final films will remain intact save for a small rewrite

RICHARD CROUSE
scene@metronews.ca

The news of Philip Seymour Hoffman's sudden passing was met with a heartfelt outpouring of grief from fans and those who worked with him.

"Philip Seymour Hoffman was a singular talent and one of the most gifted actors of our generation," Lionsgate, the studio behind the upcoming Hunger Games: Mockingjay Part 1 and 2, said in a written statement. "We're very fortunate that he graced our Hunger Games family. Losing him in his prime is a tragedy, and we send our deepest condolences to Philip's family."

Hoffman played head-games-maker-turned-rebel leader Plutarch Heavensbee in the successful series. It is a pivotal role.

In the wake of the actor's death, questions arose as to whether the uncompleted blockbusters-in-waiting would be completed in time for their scheduled November 21, 2014 for Part 1 and November 20, 2015 for Part 2 release dates.

Hollywood studios have handled the sudden death of cast members in many different ways. In some cases, films are even abandoned.

Production on Something's Got to Give was shut down permanently after Marilyn Monroe's August 1962 barbiturate overdose.

Dark Blood, River Phoenix's final film, was put into cold storage when the young actor died before filming several crucial scenes. But both movies were eventually resurrected. The documentary Marilyn: The Final Days used footage from Monroe's aborted film while Dark Blood sat for 19 years before being finished and shown at film festivals.

Father and son Bruce and Brandon Lee both died early, leaving behind unfinished films. The elder martial arts legend had completed 100 minutes of The Game of Death when a cerebral edema took his life.

Even more tragically, Brandon was killed on the set of The Crow in an accident involving a prop handgun.

Both films were salvaged with the use of stand-ins.

When Oliver Reed collapsed of a heart attack at a Malta pub after out-drinking a group of Royal Navy sailors, the editing crew of Gladiator replaced him digitally in the remaining scenes of the film.

More recently, Heath Ledger unexpectedly died during the production of The Imaginarium of Dr. Parnassus. He was replaced in the surreal story by three actors.

"I just started calling friends of Heath," director Terry Gilliam said. "It's as simple as that."

"Johnny (Depp), Colin (Farrell) and Jude (Law) turned up. It was important that they were friends, because I wanted to keep it in the family. I wanted people who were close to him because, as Colin said when he was doing his part, he was channelling Heath part of the time, so Heath was very much still alive in some sense.

"Contractually, it was supposed to be a Terry Gilliam Film," said Gilliam. "That's what the lawyers said, but I said, 'No way it's going to be that. It's going to be a film from Heath Ledger and friends.' The cast sat around one night and that idea came up and I said, 'This is it. Perfect. That's how we do it.'"

As for the upcoming Hunger Games films, reports now confirm that Hoffman completed work on Part 1 and had just seven days left of shooting on Part 2.

His absence will not require any recasting, just a rewrite of one scene. And so Mockingjay Part 2 becomes the final film in Hoffman's remarkable career.

"Words cannot convey the devastating loss we are all feeling right now. Philip was a wonderful person and an exceptional talent, and our hearts are breaking," reads a statement released by The Hunger Games author Suzanne Collins, the films' director Francis Lawrence, producers Nina Jacobson and Jon Kilik and star Jennifer Lawrence.

Philip Seymour Hoffman played Plutarch Heavensbee in Catching Fire and the upcoming Mockingjay Part 1 and 2.
CONTRIBUTED

Honouring Hoffman

Broadway theatres in New York City will dim their marquee lights Wednesday night in memory of Philip Seymour Hoffman, the movie and theatre star who earned three Tony Award nominations. The Broadway League said Monday the lights will be dimmed for one minute starting at 7:45 p.m. Eastern time. Hoffman made his Broadway debut in Sam Shepard's True West with John C. Reilly in 2000 and followed it up three years later with Eugene O'Neill's Long Day's Journey Into Night with Brian Dennehy and Vanessa Redgrave. In 2012, he played a powerful Willy Loman in Death of a Salesman by Arthur Miller under the direction of Mike Nichols. Each time he earned a Tony nod. He also was a longtime supporter of the off-Broadway Labyrinth Theatre Company, where he served as co-artistic director.

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Romance in full Bloom for Orlando?

Orlando Bloom

While Orlando Bloom has been enjoying possibly the most amicable divorce in Hollywood history with his split from Miranda Kerr, he also appears to finally be entertaining new prospects again. Bloom was spotted recently at L.A. bar the Roger Room with French actress Nora Arnezeder, and though he was on his best behaviour sources could tell something was up, according to People magazine. "Orlando was there just with a girl and not in a group," a source says. "He knew that there were paparazzi outside so he was being very careful about his behaviour with her." The pair later shared a ride home on his motorcycle.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Think Miley's act is offensive? She doesn't give a Cyrus

MELINDA TAUB
Metro World News

Miley Cyrus could either be the next Madonna or the next Howard Hughes. The next Michael Jackson or the next, well, Michael Jackson. In other words, she could be an enduring superstar or completely flame out, and a new profile by Ronan Farrow (who knows a few things about growing up in a celebrity bubble) in W makes both possibilities seem equally likely.

Among the details we learn about Miley: She apparently hates to leave her house, doesn't listen to people unless they're talking about music, and relates strongly to Blanche Dubois, the mentally frail heroine of A Streetcar Named Desire.

Some of the things Miley doesn't like to listen to are the accusations that her act, which frequently involves spanking and groping women of colour and little people, is offensive. "I don't give a s—," she says. "I'm not Disney, where they have, like, an Asian girl, a black girl, and a white girl, to be politically correct, and, like, everyone has bright-coloured T-shirts. You know, it's like, I'm not making any kind of statement. Anyone that hates on you is always below you, because they're just jealous of what you have."

Probably it's not a great idea to respond to accusations of racism with, "You're below me." That could be misconstrued. Or correctly construed.

Miley's own cast, though, also spoke out in her defense.

"When she grabs my boobs, we're just having fun," little person Brittney Guzman says. "It's not degrading."

"We're just having fun" has never sounded so creepy.

Top Chef Canada adds dash of Dean and teaspoon of Tori to its panel

Tori Spelling and Dean McDermott ALL PHOTOS GETTY IMAGES

Reality TV duo Tori Spelling and Dean McDermott will guest judge on the next season of Top Chef Canada.

Food Network Canada says Toronto Raptors forward Amir Johnson and star chefs Chuck Hughes, Lynn Crawford and Susur Lee are among the other guest judges for the season.

Seven men and seven women will compete on the new season, which premieres March 10 (at 9 p.m. ET/10 p.m. PT).

Food Network says it's the "most extreme season" of the series, in which chefs from across the country battle for the title and prizes, including $100,000.

Actress Lisa Ray returns to host and critique dishes alongside head judge Mark McEwan and restaurateur Shereen Arazm.

Last month, McDermott's publicist confirmed that the Toronto-born actor and Chopped Canada host had entered rehab for "some health and personal issues."

McDermott and Spelling married in 2006 and have four children.

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Don't let your 2014 resolutions fizzle out

One month in.
Whether it's working out or breaking a habit, there are ways to get back on track

MELISSA DUNNE
life@metronews.ca

You are likely to slip but dust yourself off and try again. ISTOCK

Mark Twain saw the glass as half empty in terms of New Year's resolutions. In January 1863, he wrote "Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

It turns out the great American writer wasn't far off the mark. Research by John Norcross, a professor of psychology at the University of Scranton, found 29 per cent of resolvers had already failed 14 days in and by February that number jumps to 36 per cent.

Mere hours into Jan. 1, I was guzzling Diet Coke straight from a bottle left over from a holiday party, though giving up the stuff was my resolution.

Like many Canadians, my desire to stick to my New Year's resolution quickly fizzled.

The first mistake I made in January was failing to modify my environment, says Norcross. Having soda in the house was akin to walking outside in six-inch heels after a polar vortex and expecting not to slip.

On Jan. 2, I should have poured the pop down the drain, not down my throat. But my will to try went flat and I was back to drinking about two litres of caramel-coloured, aspartame-spiked, carbonated syrup per day.

This was another classic resolver mistake.

"A little slip is not a total fall," said Norcross, a man who has literally written the book on making changes stick.

You will slip. The trick is to dust yourself off and try again, not lie on the ground surrounded by empty pop bottles. Norcross points out a study that showed 71 per cent of eventually successful resolvers said their first slip actually strengthened their resolve.

On Jan. 9, I resolved to white-knuckle my bête-noire anew, determined not to turn red from the embarrassment of failing this time.

So far, I have crushed my habit like those thin aluminum cans that used to fill my recycling bin. While Norcross' research shows by Canada Day 56 per cent of resolvers have given up, that means 44 per cent are still bubbling with optimism.

Twain be damned, in 2014 I'm going to see my glass as half full of soda ... water, thank you very much.

Get back on track

Have you already given up on your resolution for 2014? Get back on track with some tips from John Norcross, the author of Changeology.

- **Haters to the left.** Surround yourself with family and friends who support you and your goal.
- **Learn from the past.** Understand why you slipped and recommit.
- **Bribe yourself.** If at the end of every week you have stayed the course, reward yourself with anything from a pedicure to concert tickets.
- **Keep track.** Seeing your progress in black and white will keep you motivated.

For your phone

Carrot Fit (iPad, $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

A vengeful, talking computer monitors your weight loss in this darkly comedic fitness parody. Each day you type in your weight, Carrot reacts with outlandish insults and playful effects. Hilarious.

Half-Off

Elisha is now four weeks into her plan to lose 10 pounds in six weeks. But she's at an all-inclusive resort in Mexico on an emergency winter vacation. Will the all-day buffet and open bar do her in? Visit metronews.ca/voices/half-off to find out.

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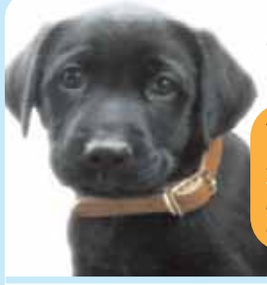
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Langara hosts conference

DANIEL HENDRIKSEN
For Metro

The Canadian Nursing Students' Association (CNSA) national conference was held in British Columbia for the first time earlier this year. The 43rd annual conference was hosted by the Langara College's school of nursing students.

According to Tina Tieu, Langara nursing student and CNSA director, the theme for the conference was Envision. Create. Innovate. Tieu said the concept was to nurture the ongoing effort to spark change and transitions in nursing.

Langara's school of nursing won the bid to host the conference after organizing the largest CNSA Western/Prairie regional conference in history in 2012. More than 700 nursing students from across the country made the trip to Vancouver for the event.

"I am very proud of our students for bringing this conference to Vancouver," Janine Lennox, the chair of Langara's school of nursing, said in a media release. "The Western and Prairie regional conference in October 2012 was an incredible experience, and the experience of organizing this national conference strengthens future nursing leadership capacity for improved health care for British Columbians."

Some of the key elements to this year's conference were societal issues such as transgender health, cultural competence and aboriginal health, what men bring to the role of nursing, and the inception of nurse practitioners into the health-care system.

The CNSA, with nearly 25,000 members, is an affiliate member of the Canadian Nurses Association (CNA) and Practical Nurses Canada, as well as an associate member of the Canadian Federation of Nurses Unions (CFNU).

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Douglas opens new sports lab

DANIEL HENDRIKSEN
For Metro

As part of an ongoing expansion of their sports science facilities, Douglas College has created a new sport science lab. Douglas officials say the lab will provide students with hands-on experience using modern high-tech equipment to study athletes in motion.

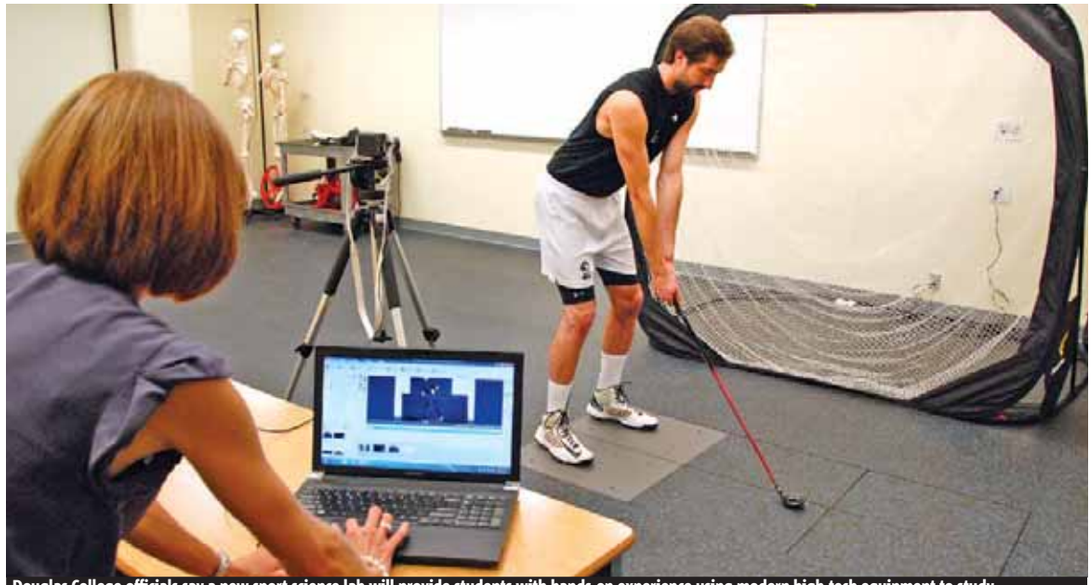
Students in both introductory and advanced sports science courses will benefit from the new facility since it will allow them to learn about and conduct research on biomechanics, the scientific analysis of human movement.

The facility will also be used for VO2 maxtesting, EMG, ECG, spirometry, muscle stimulation, body composition assessment (ie., body fat analysis), blood lactate and glucose measurement, fitness assessment (ie., strength, power, flexibility), heart rate monitoring, cycling power (Computer-Interfaced Computrainers©) and sport analysis.

"The new movement analysis lab is an exciting addition to the sport science facilities here at Douglas College," sport science chair Brian Storey said in a press release. "This innovative facility will give the students in our growing program excellent opportunities to apply what they learn in the classroom in a research lab setting."

Perhaps the most exciting feature of the lab is its forceplate system, a tool that uses sensitive panels embedded in the floor to measure movements such as jumping or balancing.

To learn more about Douglas' Sports Science Department, visit douglas.bc.ca/programs/sport-science.html.



Douglas College officials say a new sport science lab will provide students with hands-on experience using modern high-tech equipment to study athletes in motion. CONTRIBUTED

JIBC grads assist with firefighting training

A group of four Justice Institute of British Columbia (JIBC) grads travelled to Panama in late January to assist with firefighting training in that country.

Ryan Millen, Milan Lavalee, Michael Crisp and Olivier Hovasse, graduates of the career firefighter pre-employment certificate program, are the fifth JIBC group to travel to Central America to instruct and train firefighters in a variety of basic fire safety methods and procedures. The team from JIBC has travelled to El Salvador each of the past four years.

JIBC has a partnership with Fire Rescue International Training Association (FRITA), which affords B.C. firefighting graduates the opportunity to support emergency services personnel training in developing countries.

The program is made possible thanks to funding from the Irving K. Barber One World International Scholarship in partnership with the Victoria Foundation. Additional financial support was provided by JIBC and The JIBC Foundation.

Millen, Lavalee, Crisp and Hovasse documented their experiences on the Four Students One World blog at fourstudentsoneworld.wordpress.com/.

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BELIEVE, BE BRAVE, BELONG

Going back to school can cause anxiety for some people, but Native Education College (NEC) is hoping to inspire future students to "Believe, Be Brave and Belong" at this year's annual open house.

"It takes a lot of courage to decide to return to school or further one's education and, with that courage, students can take that first step enrol at NEC," says Nadina Dodd, spokesperson for Native Education College.

The NEC open house takes place Feb. 6, from 10 a.m. to 4 p.m. There is no registration required to attend.

NEC works hard to empower its students by offering a wide range of programming, culturally relevant learning, qualified and caring teachers, and personal and academic supports.

"Once students are engaged in their coursework at NEC, they soon discover their potential, they discover they are capable and this increases their confidence," Dodd says.

NEC offers programs set in an Aboriginal context where students not only learn the standard curriculum, but also learn about Aboriginal culture, history and issues.

CONTRIBUTED

"Elements of tradition are incorporated into the physical and social environment as NEC offers cultural events/groups, celebrates Elders, respects Aboriginal ways and practises various protocols, and offers a longhouse philosophy based on respect, understanding, gratitude, and diversity," Dodd says.

For more information about the NEC open house or NEC, visit necvancouver.org.

Kwantlen to house TCM program

DANIEL HENDRIKSEN
For Metro

Advanced Education Minister Amrik Virk receives acupuncture treatment, just one of the applications students will learn at the new home for B.C.'s traditional Chinese medicine school at Kwantlen Polytechnic University. CONTRIBUTED

Advanced Education Minister Amrik Virk recently announced that Kwantlen Polytechnic University (KPU) will soon be the home to B.C.'s first public school of traditional Chinese medicine (TCM).

There are no TCM programs operating in the province's public post-secondary system. There are, however, six private schools in B.C. that are accredited by the Private Career Training Institutions Agency and are recognized by the College of Traditional Chinese Medicine of British Columbia.

"Government is making solid progress on its commitment to establish the province's first public school of traditional Chinese medicine," Virk said in a media release. "At the end of the day, our focus is on giving British Columbians more choice and greater options in health care."

Officials say that the formation of the school of TCM, coupled with potential international partnerships, will go a long way to expand access to preventative and complementary health-care education for British Columbians.

"Traditional Chinese medicine is increasingly popular," said Minister of International Trade and Minister Responsible for Asia Pacific Strategy and Multiculturalism Teresa Wat. "We are making progress in the implementation of a public traditional Chinese medicine school."

KPU president Alan Davis also spoke about the creation of the province's first public school of TCM and what it means for his institution.

"This is a unique opportunity," Davis said. "We are excited to start working with the province to make the school a reality."

Alliance. UBC, SFU join forces on mining institute

The University of British Columbia and Simon Fraser University (SFU) have joined forces with École Polytechnique de Montréal (EPM) to launch an international sustainable mining institute in Vancouver.

Officials from the three schools met in late January to announce the creation of the Canadian International Institute for Extractive Industries and Development (CIIEID). The institute is designed to help developing countries benefit from their mining resources in environmentally and socially responsible ways.

Institute interim executive director Bern Klein spoke in a media release about CIIEID.

"Nations want to develop their mineral, oil and gas resources," said Klein, who is also a professor of mining engineering at UBC. "But many lack the regulatory and policy frameworks to make the most of their natural resources, while also considering the needs of affected communities. We want them to have the capacity to use their resources to enhance livelihoods, improve dialogue and mitigate environmental harm."

The development of CIIEID was made possible thanks to a $25-million award from the Department of Foreign Affairs, Trade and Development in November 2012, allowing UBC, SFU and EPM to create their coalition.

After the funding announcement, the institute started setting up operations and connecting with partner non-governmental organizations, governments, professional associations, and industry.

For more about the institute, visit ciieid.org.

SFU signs deal with Indian oil company

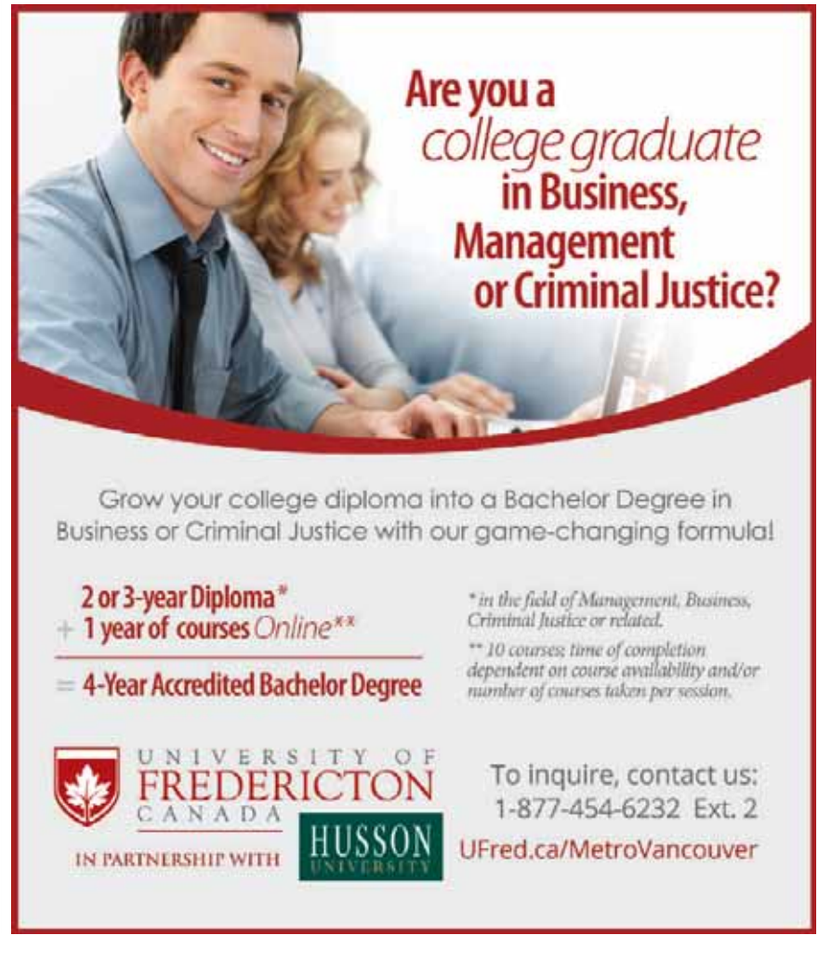
A new deal has been reached between Simon Fraser University (SFU) and India's flagship national oil company, Indian Oil Corporation (IOC) Ltd.

SFU president Andrew Petter recently travelled to India, where he met with Dr. R.K. Malhotra, IOC's director of research and development, in New Delhi. The two men, along with B.C. government representatives, were able to hammer out a deal that will allow SFU and IOC to collaborate on hydrogen and fuel cell technology research.

"SFU researchers have much to contribute and gain through this relationship," Petter said in a press release. "SFU is internationally recognized for its expertise in fuel cell technology. Collaborating on research with IOC will provide greater opportunities for our faculty members and students to advance the field globally."

The new deal stemmed from Malhotra's trip to B.C. last June. He was keynote speaker at the Canadian Hydrogen and Fuel Cell Association conference, where he expressed interest in developing research collaborations with B.C., focusing on hydrogen and fuel cell technology.

"Indian Oil recognizes and values the global lead role, which British Columbia is taking in the fuel cell developments and its commercialization," Malhotra said. "The collaboration with Simon Fraser University would help Indian Oil to get the benefit of their expertise in hydrogen and fuel cell research."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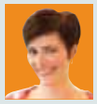

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You've seen the chain email that shows walnuts were created in the shape of your brain because they are brain food. And that carrots when cut into rounds look like eyes and are coincidentally good for eyes.

Google it! Kind of cool little quirky facts to kick around.

But the truth is, walnuts are good for lots more than just brains. They are also good for making ho-hum sandwiches, omelets, pastas and salads turn into amazing meals!

- Walnuts have been shown to reduce inflammation overall due to their good fat content.
- They contain high amounts of Omega 3, which has been shown to reduce the incidence of Alzheimer's, depression and ADHD, among other things.
- Walnuts are one of the highest anti-oxidant nuts.
- Consumption of them has been linked to reduced risk of diabetes.
- One study says that they can reduce the stress related to high blood pressure.

Creative ways to use walnuts

- Toss whole and raw into salads.
- Toast and use in place of croutons in soup.
- Grind and add to pastry dough or shortbread.
- Puree into hummus.
- Use as a base for blue cheese appetizers.
- Make a gremolata and use everywhere.

Walnuts pair well in both sweet and savoury applications, plus their crunch and nutrients are good for your brain ('cause that's the way they are shaped — ha!). **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

What's crunchy, healthy and goes on pizza, pasta and more?

THERESA ALBERT
myfriendinfood.com

Gremolata is just one of the creative ways in which you can use walnuts. COURTESY THERESA ALBERT

If you go too far and end up pureeing the nuts in the blender, add some Parmesan cheese and call it a pesto.

A quick pulse is really all you need to chop the nuts and keep them whole to make this topping known as Gremolata.

Traditionally, lemon zest is the key ingredient and the others, as well as their proportions, are as flexible as your imagination.

Once made, this keeps in the fridge for a couple of weeks and jazzes up every salad, sandwich, pasta, dip, flatbread, pizza... You get the idea.

Ingredients

- 1/2 cup flat leaf parsley (ensure that it is rinsed and dried very well)
- 1/2 cup walnuts (toasted lightly in a dry pan)
- 1 clove garlic (minced)
- 1 tsp lemon zest
- Pinch of coarse salt
- 2-3 tbsp extra virgin olive oil

1. Add all ingredients to a blender or mini-chopper and pulse until coarsely chopped. Store in fridge in a covered jar for up to 2 weeks. **THERESA ALBERT OF MYFRIENDINFOOD.COM**

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Potential consequences of rising interest rates

Take note. What investors saving for retirement should know

Higher interest rates — whenever they may arrive — will look a lot different from the perspective of a saver than a borrower. The stretch of rock-bottom rates in recent years has been a boon for those taking on debt for a house or car.

Money, in essence, costs less money. But money also makes less money in that environment. And that effect hasn't been great for those saving for retirement. "The borrowers have enjoyed a great time because, of course, they've been paying little for their money, for their borrowing. The savers of the world have been screaming bloody murder," said Adrian Mastracci of KCM Wealth Management in Vancouver.

Quoted

"The savers of the world have been screaming bloody murder."

Adrian Mastracci, KCM Wealth Management

"The savers of the world are looking forward to the higher interest rates and the reality is, so am I. As a portfolio manager, what it tells me is that the economy is getting better by itself and that's a good thing." Last week, the Bank of Canada announced it would keep its key interest rate at one per cent, the level it's been at since September 2010. "We don't know when higher rates are coming, though you think historically they will come eventually," said Stan Tepner of CIBC Wood Gundy in Toronto.

"The concept of interest rates affects people first with a student loan, then a mortgage and then with a credit card and it's all about 'let's see the rates go down so I can afford this better'...It really becomes relevant later in life when you want to rely on a more fixed income diet for your portfolio." But portfolio managers caution that higher rates could have some downside for investors.

A recent survey by Leger, conducted on behalf of CIBC Asset Management, suggested that 58 per cent of Canadians were unaware that rising rates could hit some investments, such as bonds. And for those in the baby boomer age group, 65 per cent were clueless about that relationship. In meeting with clients, Tepner said he tries to make sure the interest rate, bond price relationship is well understood. "Picture a seesaw on a playground," he said. "On one seat are interest rates and the other side are the price of bonds." Tepner said there's no one size fits all approach. Looking at corporate bonds or vehicles with floating rates may be in order. **THE CANADIAN PRESS**

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NHL

Canucks offer Tortorella a bagel in his return from suspension

Justin Abdelkader scored early in the second period and again in the final seconds while Jimmy Howard finished off a shutout that Jonas Gustavsson started for the Detroit Red Wings in a 2-0 victory over the Vancouver Canucks on Monday night.

Two Red Wings goalies combined on a shutout for the first time since Oct. 27, 2001, when Manny Legace and Dominik Hasek did it in a 1-0 win at Nashville, according to STATS.

Gustavsson started and stopped all eight shots he faced in the first period, but didn't return to play because of dizziness. Howard had 16 saves and stopped David Booth on a penalty shot.

John Tortorella
THE CANADIAN PRESS

The Canucks had coach John Tortorella behind their bench and forward Henrik Sedin on the ice after both missed six games.

Tortorella was suspended for 15 days by the NHL for his conduct after a brawl in a game against the Calgary Flames. Tortorella went to Calgary's locker-room following the first period, which began with several fights.

Sedin had been out since he was unable to finish the Jan. 18 game because of an upper-body injury.

Eddie Lack started a second straight game and made 28 saves.

THE ASSOCIATED PRESS

Defenceman Raphael Diaz ranks among the top 30 in the league in blocked shots with 100 this season. GETTY IMAGES FILE

Diaz welcomes new start with Canucks

NHL. Vancouver trades forward Dale Weise to Montreal to help injury-ravaged blue-line

CAM TUCKER
cam.tucker@metronews.ca

Raphael Diaz was no longer getting the playing time in Montreal, but that won't be the case, at least in the immediate future, with the Vancouver Canucks.

The Canucks, hurting on the blue-line with injuries to right-handed shots Kevin Bieksa, Chris Tanev and Yannick Weber, acquired Diaz, the 28-year-old Swiss defenceman, from the Montreal Canadiens in exchange for rugged winger Dale Weise on Monday.

Diaz, who shoots right-handed, had been a healthy scratch in Montreal's last eight games. Despite sitting out for such a length of time, he seemed caught off guard by the move.

"I was surprised, was shocked, of course," Diaz told reporters in a conference call.

"Right now I was not playing for the last two weeks and I think as a player you want to play as much as you can and you want to help your team and this was not the case."

Diaz, with 11 assists in 46 games this season and a pending unrestricted free agent this summer, will meet his new teammates and coaching staff in Boston on Tuesday. The Canucks play the Bruins later that night.

He hasn't yet spoken to the Canucks' coaching staff about his role on the team, but will do that in Boston.

At first glance, it appears he fits the profile of a player on a John Tortorella-coached team.

So far this season, Diaz is among the top 30 players in the league in blocked shots, currently at the century mark with 100. He's also played on the penalty kill and power play in Montreal. However, he doesn't have a goal this season.

"I think I'm more the guy who wants to play a safe game," said Diaz.

"But of course if you have the opportunity to go and to join the offence, I want to go."

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‘The pressure’s clearly on them’

Hockey. Great things expected from Ovechkin and Malkin’s Russians as they enter Sochi as ‘centrepiece’ of Games

Friends and family have been calling Alex Ovechkin and Evgeni Malkin for months, asking about Olympic tickets and wanting to know who was going to be on the Russian team.

“I field questions about Sochi always,” Malkin said. “I feel right now it’s pressure for the team, for me. It’s everyone.”

The Sochi Olympics are a showcase of a generation for Russia and Prime Minister Vladimir Putin, and with that comes the pressure of a lifetime for those taking part in the event the country believes it must win.

“I don’t think about it because I don’t want to take pressure right now on me,” Ovechkin said last month. “But it’s kind of hard to do. Every time when I go to the news and on the Internet, I just see about the Olympic Games.”

From a hockey standpoint, that means attention on Ovechkin, Malkin, captain Pavel Datysuk and NHL-star-turned-KHL-hero Ilya Kovalchuk, and the expectation of gold on Feb. 23 at Bolshoy Ice Dome. Anything less isn’t an option the Russians want to consider.

It’s similar to what Canada went through in Vancouver in 2010 with a need to show dominance in a national sport. Given that Russia hasn’t won gold since 1992, when it played as the Unified Team, there’s even more anxiety.

“I think that always goes with the territory,” U.S. general manager David Poile said. “It’s probably even more so because starting from the top with Putin, he’s wanted these Olympics; the centrepiece is the hockey. The whole Sochi is sort of a man-made area, if you will, just for the Olympics.

“They’re putting literally billions of dollars into this, and there’s no question that the hockey is the centrepiece of the Olympics. The pressure’s clearly on them. We’re going to see the best of the Russians, that’s for sure.”

Canada proved four years ago that pressure isn’t prohibitive to winning; that being at home can be an incentive.

With the whole world watching them in their country, the Russians hope they, too, can capitalize on the home-ice advantage. And Ovechkin believes that mentality is his team’s biggest strength.

“(The) most important thing is (it’s) us against the whole world,” said Ovechkin, who dreamed as a child of representing Russia in a home Olympics. “I don’t think somebody is going to be there ... to be just in the Olympic Games. Our mission is try to win the gold medal and play our best hockey.”

THE CANADIAN PRESS

Parallels of pressure

“We can relate, for sure. It wasn’t that long ago, and we all know how proud of a hockey nation Russia is, too.”

Sidney Crosby acknowledges the parallels between his gold-medal-winning Canadian team from four years ago and the 2014 Russians.

Russians Sergei Gonchar, left, Alex Ovechkin and Ilya Kovalchuk were skated out of the rink 7-3 by Team Canada at the 2010 Winter Olympics in Vancouver. The home team should have ample inspiration to get revenge as their quest for gold gets underway on Feb. 13 against Slovakia. BRUCE BENNETT/GETTY IMAGES

Whitecaps look to rebuild confidence of 2013 pick Hurtado

Erik Hurtado shakes hands with commissioner Don Garber after being selected by the Whitecaps fifth overall in the 2013 MLS SuperDraft. Hurtado struggled in his first season in Vancouver, but his coaches still see his potential. GETTY IMAGES FILE

There’s an air of style and self-assurance with Erik Hurtado that never really translated onto the pitch last year with the Vancouver Whitecaps.

He can rap, and has been doing so since he was in high school. He’s come to training camp sporting a flashy, grown-out fohawk dyed an orangey blond on top to go with his easily recognizable pair of fluorescent orange and yellow soccer cleats.

He has all the hallmarks of a still-youthful individual strapped with confidence.

It’s that element of the psyche new head coach Carl Robinson would like to build up on the field.

Hurtado, 23, came to the Whitecaps with great expectations, the byproduct of being the fifth overall pick in last year’s MLS SuperDraft.

But getting into the lineup was a struggle almost all season long. He appeared in 15 games, starting in only four of them and going the whole year without a goal.

“(I saw) Erik a lot last year and the confidence he had was probably not where it should’ve been,” said Robinson on Monday, before the Whitecaps departed for Casa Grande, Ariz., to continue training camp.

“It’s important that as a coach, as a group of coaches, we instill a sense of confidence in him. And if we continue to do that, he will build and grow … and he’ll be given his opportunity.”

THE CANADIAN PRESS

Releasing potential

“It’s important that as a coach, as a group of coaches, we instill a sense of confidence in him. And if we continue to do that, he will build and grow ... and he’ll be given his opportunity.” Whitecaps head coach Carl Robinson

Who’ll lead Austrians?

Raich won’t be on hand for opening

Austria is in need of a new flag-bearer for Friday’s opening ceremony at the Winter Olympics as Alpine skier Benjamin Raich has delayed his trip to Sochi.

Raich will skip the Feb. 14 super-combine due to back problems.

THE ASSOCIATED PRESS

Hockey

Swedes select Nyquist to replace Franzen

Sweden’s Olympic hockey team has replaced an injured Detroit Red Wings forward with a healthy one. Gustav Nyquist was given a spot on the roster on Monday to replace Johan Franzen. THE ASSOCIATED PRESS

Cross-country skiing

Tough decisions ahead in Norway

Norway’s unrivaled depth in cross-country skiing is causing the team some problems ahead of the Sochi Olympics.

With a handful of medal contenders in nearly every event, the Norwegians face the prospect of having to drop either a double Olympic champion or a former world champion from the men’s individual sprint race.

Each team can enter four skiers, and Norway’s coaches have already promised spots to three athletes. The fourth was set to go to Petter Northug, the team’s big star who has struggled with illness this season.

But that would mean leaving out former sprint world champion Ola Vigen Hattestad in the fourth spot.

THE ASSOCIATED PRESS

Two-time Olympic gold medallist Petter Northug. GETTY IMAGES FILE

Horoscopes

♈ Aries
March 21 - April 20
You are in a domineering mood at the moment and won't hesitate to tell others how to do things. But anyone who tries to tell you will most likely wish they had kept quiet.

♉ Taurus
April 21 - May 21
You may find it hard to believe what you hear today but don't reject it out of hand because it may be true. Reserve judgment until later in the week when there are more facts available.

♊ Gemini
May 22 - June 21
Information will come your way today that enables you to put one over on a rival. All is fair in love and war so don't hesitate to use what you learn for your own benefit.

♋ Cancer
June 22 - July 23
It is important over the next 24 hours that you know when to speak up and when to stay silent. Important people will be either impressed or annoyed by what you have to say, so make sure you say the right thing.

♌ Leo
July 24 - Aug. 23
It might be tempting to work even harder and faster but you will accomplish more in the long-term if you start slowly and think about what you are doing.

♍ Virgo
Aug. 24 - Sept. 23
You may want to push ahead with a project that is close to your heart but according to the planets a colleague is having doubts and you must deal with those doubts first if you want to make progress.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks you are not ambitious will get a shock today as you push yourself harder than ever. But while it is okay to be hard on yourself it is not okay to be hard on friends and loved ones.

♏ Scorpio
Oct. 24 - Nov. 22
You need to ask the right questions today and to do so you need to see your life for what it is, not what you wish it might be. Be completely honest with yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
According to the planets someone you work with is not being entirely straight with you. Before you go any further together in what you are working on demand to know where they are coming from.

♑ Capricorn
Dec. 22 - Jan. 20
Someone whose point of view is very different to your own will say something that you cannot let pass and most likely you will end up having a major argument. But that's OK. It's wrong to remain silent.

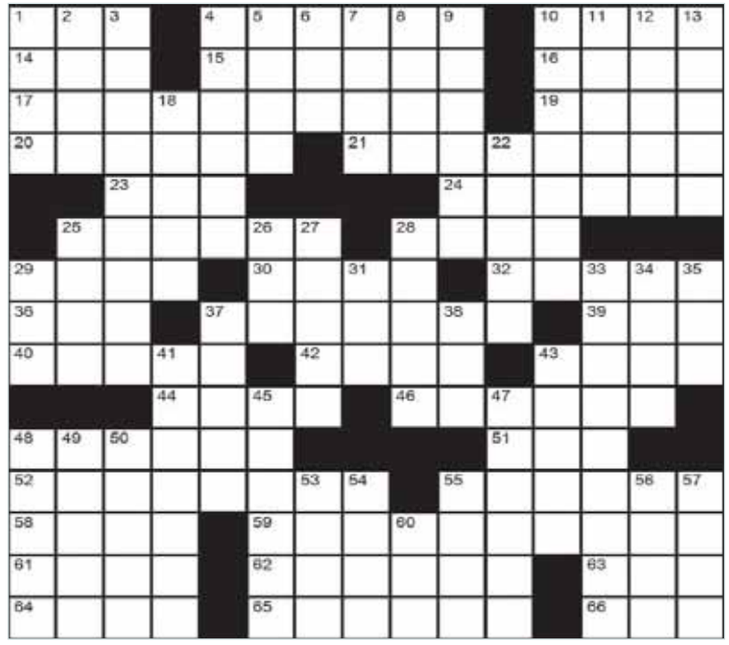
♒ Aquarius
Jan. 21 - Feb. 19
If you put your mind to it today you can change something about yourself that you have disliked for a very long time. How will you do that? By replacing a bad habit with a good habit.

♓ Pisces
Feb. 20 - March 20
You are so self-confident at the moment that you can't see the obstacle that is ahead of you. You will see it soon, in the meantime, ignorance is bliss!. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



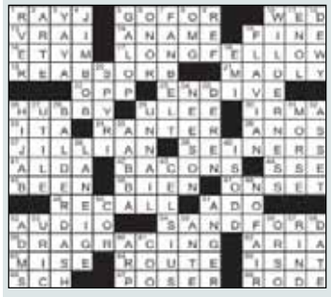
Across

1. Troublesome-ly tote
4. Biggest thing since the Cronut
10. Shania Twain trophy, e.g.
14. Montevideo is its cap.
15. Sarajevo's locale
16. Bitterly bellyache
17. Science Centre in Calgary: 2 wds.
19. Comic strip, __ and Janis
20. Ms. Berry's
21. 1985 Michael J. Fox movie: 2 wds.
23. Frigid
24. Way to move a wheel: 2 wds.
25. Skincare brand
28. Vacationing spot
29. Computer company
30. Cart-pullers
32. Welsh poet Mr. Thomas
36. Clash
37. Secret
39. Wonderment
40. Certain carpeting
42. __ counter
43. Determine
44. Wedding gown trim
46. Studies
48. Dormant volcano in northwestern BC, Mount __
51. Peace sign's spelled-out shape
52. Guy friendship, often on reality TV
55. Mr. Whibley, Sum 41 frontman
58. South Dakota dam
59. Carly Rae Jepsen's new title role on Broadway
61. Sultanate of __
62. Haunted house hangouts
63. Turnaround, slangily
64. German philosopher, Immanuel __ (b.1724 - d.1804)
65. Scotland's Loch creature, affectionately
66. Bruce Cockburn's "__ _ Tree Falls"

Down

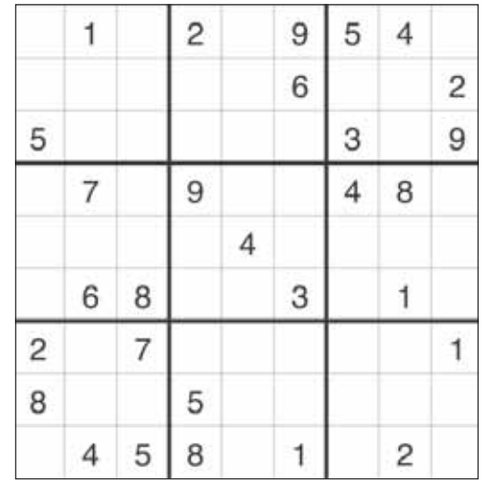
1. Particular Protestant, puny-ly
2. Fertilizer ingredient
3. Jonathan Swift classic, __ Travels
4. Particular TV network symbol: 2 wds.
5. Antarctica: __ Ice Shelf
6. Slitherer
7. It's a bug
8. Limerick's land
9. California competition for the Raptors
10. The __ Family on PBS' "Downton Abbey"
11. "The Brady Bunch" mom
12. "Girl You Know It's True" duo half
13. High up
18. Stress side effect, some say
22. Expressionist painter, Emil __ (b.1867 - d.1956)
25. Health food berry
26. __'easter
27. Rusty stuff, Iron __
28. Collectively: 2 wds.
29. Canadian actress Ms. Cook, et al.
31. Twilight
33. CTV's "The Social" co-host: 2 wds.
34. Grass appendages
35. '90s sitcom, "__ and Stacey"
37. Shopping spot
38. 5-5, in sports
41. Nourishment
43. Soeur's sibling
45. High-kicking performance
47. Very much opposed to
48. Novel with no paper pages
49. Television genre
50. Title comedy role for Adam Sandler
53. Quote
54. Tree-like Tolkien creatures
55. Metric system prefix meaning 'one-tenth'
56. Treble __
57. Bob Marley & The Wailers album
60. Insult, in slang

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	4	8	6	9	7	3	1	2
9	7	2	1	3	8	4	5	6
6	3	1	5	4	2	9	8	7
4	2	3	9	8	1	6	7	5
7	9	5	2	6	3	1	4	8
1	8	6	7	5	4	2	3	9
2	1	9	4	7	5	8	6	3
8	6	7	3	1	9	5	2	4
3	5	4	8	2	6	7	9	1

Today
0°/-6°
Partly cloudy
Wednesday
0°/-6°
Sunny
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Check the 14 day trend.
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